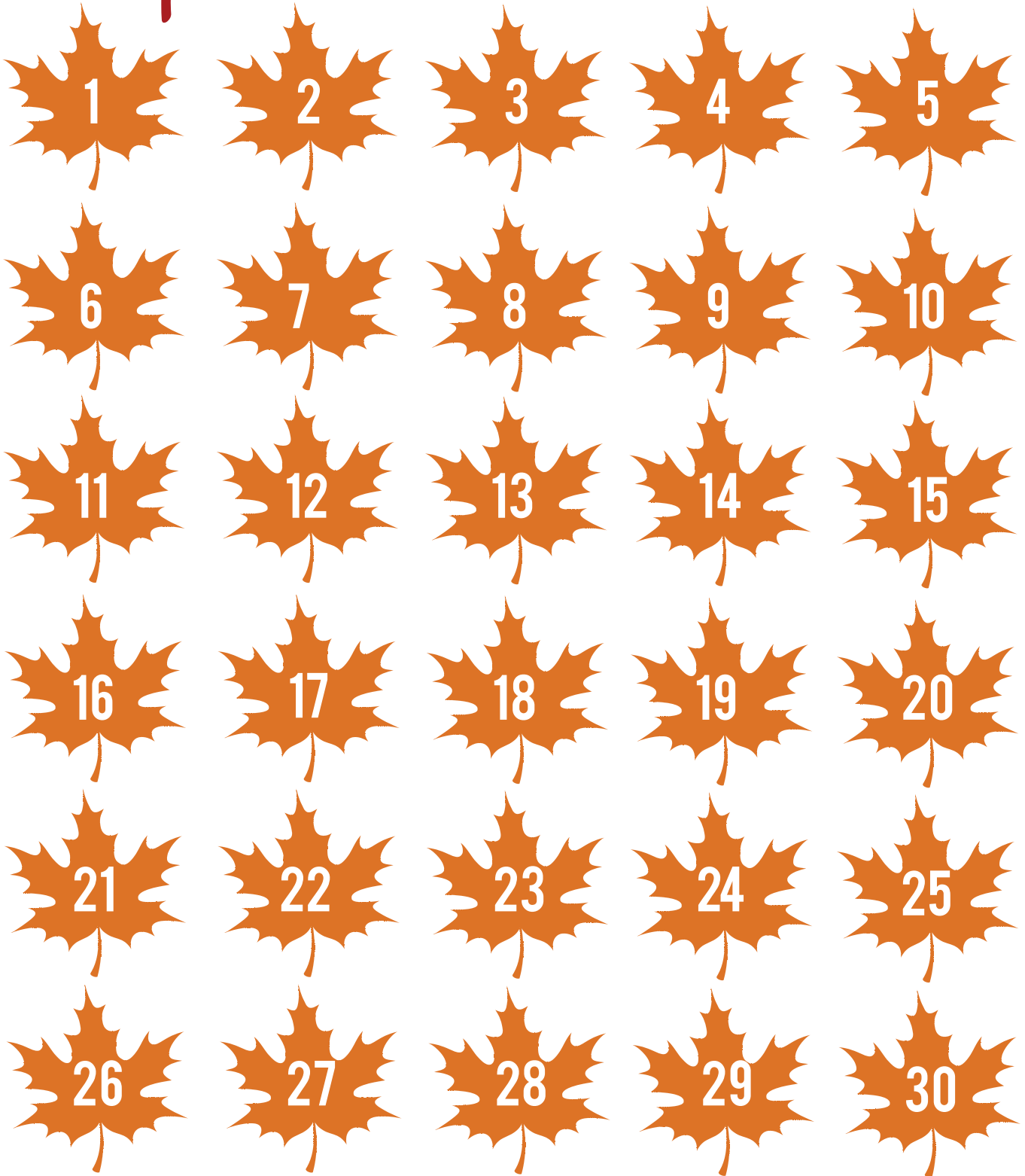


September Workouts



GOALS: